

Essential oils that support your yoga goals

Energise

- > Grapefruit
- > Peppermint
- > Black pepper
- > Rosemary
- > Pink Pepper

Focus

- > Jasmine
- > Rosemary
- > Frankincense
- > Laurel
- > Green mint



Body awareness & Balance

- > Clary sage
- > Lemon
- > Lavender
- > Sweet Orange
- > Vetiver

Relaxation

- > Lemongrass
- > Ylang Ylang
- > Bergmot
- > Balsamfir
- > Sandalwood